How health professionals can transform themselves

Dr Robin Youngson
CoFounder of Hearts in Healthcare
Compassion, caring, and human-centred healthcare

LEARNED OPTIMISM
How to Change Your Mind and Your Life
Martin E.P. Seligman, Ph.D.

POSITIVITY
Top-Notch Research Reveals the 3-to-1 Ratio That Will Change Your Life
BARBARA L. FREDRICKSON, Ph.D.
Kenan Distinguished Professor, UNC-Chapel Hill, Award-Winning Director of the PEP Lab

See Me as a Person
Creating therapeutic relationships with patients and their families
MARY KOLOROUTIS AND MICHAEL TROUT
Compassion, caring, and human-centred healthcare

Five daily practices that can transform your life...

1. Choose your thoughts on your journey to work
2. Small acts of kindness
3. Making the human connection
4. Find out first your patient’s concerns
5. Treat every patient like a family member

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{ The Movement for Human-centred Healthcare }
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